WEBSITES

T2Health.org: Programs, applications and news about the National Center for Telehealth & Technology.

AfterDeployment.org: Help and advice for overcoming the physical & emotional impact of a recent deployment.

SuicideOutreach.org: Support, guidance and contacts for people in crisis, and those who care about them.

http://t2health.org http://t2health.org

Technology improving the lives of the nation's warriors, veterans and their families.

POCKET GUIDE
NATIONAL CENTER FOR
NATIONAL CENTER FOR



MOBILE APPS

Tactical Breather: Deep-breathing training app to reduce stress in combat – or anywhere.

Breathe2Relax: A proven way to relieve stress and calm the mind and body.

T2 Moodtracker: Unique tool to track stress levels and understand the situations that raise and lower them.

MOBILE APPS

PTSD Coach: Learn about, assess, and manage PTSD symptoms, and access support when and where it's needed.

mTBI Pocket Guide: The professional's guide to mTBI assessment, symptom management, rehabilitation and educational resources.

T2 mobile apps are available at: http://t2health.org/mobile-apps

AskUs@t2health.org

†161-896 (ESZ)

9933C West Hayes Street Joint Base Lewis-McChord, WA 98431

Vational Center for Telehealth & Technology

TDATNOD

TRICARE Online: Secure access to information for TRICARE beneficiaries. http://tricare.mil

Virtual Worlds: A PTGD interactive learning experience. http://t2health.org/vwproj

MEBSILES



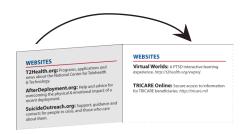
T2 Pocket Guide folding instructions:





1. Cut out on the solid line, then fold in half along the long dotted line.

2. Fold right panel in over middle panel.



3. Fold left panel over right panel.



4. Finished, and it fits in your wallet.